



25/02/2022

## Vlaams kampioenschap - Antwerpen

GOLD Swimming Team  
Live slow, swim fast!HIGH5  
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GARKA

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bvba

## AFLOS Dames 1 GG GOLD

Wed 28 4x100m vrije slag 04:04.64 3e

Helena M/Faye D/Luna O/Lente L

50m	00:29.81	29.81	100m	01:01.10	31.29
150m	01:29.57	28.47	200m	02:01.88	32.31
250m	02:31.82	29.94	300m	03:05.05	33.23
350m	03:33.55	28.5	400m	04:04.64	31.09

## DEHAUDT Fernando GOLD /11029/05

Wed 06 400m vrije slag 04:07.39 -3.8 2e 14 Rp

50m	00:28.96	28.96	100m	01:00.12	31.16
150m	01:31.18	31.06	200m	02:02.72	31.54
250m	02:34.02	31.3	300m	03:05.56	31.54
350m	03:36.48	30.92	400m	04:07.39	30.91

Wed 06 400m vrije slag 04:05.27 -5.9 2e 15 Rp

50m	00:28.88	28.88	100m	00:59.94	31.06
150m	01:31.05	31.11	200m	02:02.67	31.62
250m	02:33.99	31.32	300m	03:05.41	31.42
350m	03:36.19	30.78	400m	04:05.27	29.08

Wed 15 200m vrije slag 01:57.04 -2 3e 14 Rp

50m	00:27.64	27.64	100m	00:57.50	29.86
150m	01:27.52	30.02	200m	01:57.04	29.52

Wed 25 1500m vrije slag 16:27.38 -10 1e 14 Rp

50m	00:29.79	29.79	100m	01:02.37	32.58
150m	01:35.18	32.81	200m	02:08.07	32.89
250m	02:41.46	33.39	300m	03:14.54	33.08
350m	03:47.72	33.18	400m	04:21.01	33.29
450m	04:54.20	33.19	500m	05:27.43	33.23
550m	06:00.59	33.16	600m	06:33.88	33.29
650m	07:07.13	33.25	700m	07:40.47	33.34
750m	08:13.76	33.29	800m	08:47.11	33.35
850m	09:20.33	33.22	900m	09:53.78	33.45
950m	10:27.46	33.68	1000m	11:00.94	33.48
1050m	11:34.30	33.36	1100m	12:07.62	33.32
1150m	12:41.01	33.39	1200m	13:14.47	33.46
1250m	13:47.56	33.09	1300m	14:20.66	33.1
1350m	14:53.45	32.79	1400m	15:25.96	32.51
1450m	15:58.22	32.26	1500m	16:27.38	29.16

Wed 31 200m rugslag 02:17.90 0.63 7e 9 Rp

50m	00:32.22	32.22	100m	01:07.22	35
150m	01:42.52	35.3	200m	02:17.90	35.38

Wed 31 200m rugslag 02:20.66 3.39 14e 8 Rp

50m	00:33.74	33.74	100m	01:08.99	35.25
150m	01:45.28	36.29	200m	02:20.66	35.38

## DUJARDIN Faye GOLD /21035/06

Wed 05 100m vrije slag 01:01.74 -0.5 4e 10 Rp

50m	00:29.51	29.51	100m	01:01.74	32.23
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Wed 22 50m vrije slag 00:28.35 -0.03 4e 11 Rp

Wed 30 200m vrije slag 02:16.26 -1.2 8e 8 Rp

50m	00:31.02	31.02	100m	01:06.10	35.08
150m	01:41.99	35.89	200m	02:16.26	34.27

Wed 36 50m schoolslag 00:38.44 15e 4 Rp

## LAMMENS Louise GOLD /21122/04

Wed 11 800m vrije slag 09:42.87 4.64 3e 9 Rp

50m	00:32.38	32.38	100m	01:08.00	35.62
150m	01:43.53	35.53	200m	02:19.71	36.18
250m	02:55.84	36.13	300m	03:32.51	36.67
350m	04:09.30	36.79	400m	04:46.46	37.16
450m	05:23.39	36.93	500m	06:00.74	37.35
550m	06:37.74	37	600m	07:15.39	37.65
650m	07:52.39	37	700m	08:30.11	37.72
750m	09:06.82	36.71	800m	09:42.87	36.05

Wed 20 400m vrije slag 04:47.09 5.03 5e 8 Rp

50m	00:33.33	33.33	100m	01:08.20	34.87
150m	01:44.42	36.22	200m	02:20.48	36.06
250m	02:57.35	36.87	300m	03:34.21	36.86
350m	04:11.49	37.28	400m	04:47.09	35.6

Wed 20 400m vrije slag 04:44.22 2.16 11e 9 Rp

50m	00:32.39	32.39	100m	01:07.57	35.18
150m	01:42.94	35.37	200m	02:19.10	36.16
250m	02:55.20	36.1	300m	03:32.00	36.8
350m	04:08.53	36.53	400m	04:44.22	35.69

Wed 30 200m vrije slag 02:17.63 1.5 20e 7 Rp

50m	00:32.01	32.01	100m	01:06.60	34.59
150m	01:42.78	36.18	200m	02:17.63	34.85



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## LAZOU Lente

## GOLD/21110/05

Wed 11 800m vrije slag 09:24.61 0.3 1e 12 Rp

50m	00:31.83	31.83	100m	01:06.68	34.85
150m	01:42.01	35.33	200m	02:17.78	35.77
250m	02:53.06	35.28	300m	03:28.99	35.93
350m	04:04.78	35.79	400m	04:40.73	35.95
450m	05:16.48	35.75	500m	05:52.41	35.93
550m	06:27.94	35.53	600m	07:04.05	36.11
650m	07:39.66	35.61	700m	08:15.34	35.68
750m	08:50.70	35.36	800m	09:24.61	33.91

Wed 20 400m vrije slag 04:30.90 7.41 2e 13 Rp

50m	00:30.98	30.98	100m	01:04.64	33.66
150m	01:38.91	34.27	200m	02:13.41	34.5
250m	02:47.27	33.86	300m	03:21.64	34.37
350m	03:56.38	34.74	400m	04:30.90	34.52

Wed 20 400m vrije slag 04:29.32 5.83 4e 13 Rp

50m	00:30.82	30.82	100m	01:04.35	33.53
150m	01:38.03	33.68	200m	02:12.17	34.14
250m	02:46.11	33.94	300m	03:20.73	34.62
350m	03:55.38	34.65	400m	04:29.32	33.94

Wed 30 200m vrije slag 02:08.61 3.25 4e 12 Rp

50m	00:29.42	29.42	100m	01:01.68	32.26
150m	01:34.38	32.7	200m	02:08.61	34.23

Wed 30 200m vrije slag 02:10.39 5.03 8e 11 Rp

50m	00:29.98	29.98	100m	01:02.85	32.87
150m	01:36.42	33.57	200m	02:10.39	33.97

## MOERMAN Helena

## GOLD /21101/00

Wed 05 100m vrije slag 01:01.06 -2 17e 9 Rp

50m	00:29.98	29.98	100m	01:01.06	31.08
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Wed 22 50m vrije slag 00:28.68 -0.8 41e 8 Rp

Wed 30 200m vrije slag 02:15.37 -8.2 27e 7 Rp

50m	00:31.20	31.2	100m	01:06.23	35.03
150m	01:42.27	36.04	200m	02:15.37	33.1

## OOSTERLYNCK Anaïs

## GOLD/21090/06

Wed 01 200m wisselslag 02:44.41 0.88 28e 3 Rp

50m	00:34.63	34.63	100m	01:18.33	43.7
150m	02:07.59	49.26	200m	02:44.41	36.82

Wed 05 100m vrije slag 01:06.90 0.28 51e 4 Rp

50m	00:32.14	32.14	100m	01:06.90	34.76
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Wed 20 400m vrije slag 05:06.19 30e 3 Rp

50m	00:33.62	33.62	100m	01:11.74	38.12
150m	01:50.41	38.67	200m	02:29.98	39.57
250m	03:09.11	39.13	300m	03:48.90	39.79
350m	04:28.21	39.31	400m	05:06.19	37.98

Wed 30 200m vrije slag 02:25.37 -0.5 50e 3 Rp

50m	00:32.55	32.55	100m	01:09.55	37
150m	01:47.73	38.18	200m	02:25.37	37.64

Wed 34 400m wisselslag 05:46.11 -0.4 10e 4 Rp

50m	00:35.29	35.29	100m	01:16.26	40.97
150m	02:03.43	47.17	200m	02:48.77	45.34
250m	03:39.26	50.49	300m	04:29.09	49.83
350m	05:08.53	39.44	400m	05:46.11	37.58

## OVAERE Luna

## GOLD /21040/06

Wed 01 200m wisselslag 02:39.64 -2.6 16e 6 Rp

50m	00:32.31	32.31	100m	01:13.91	41.6
150m	02:03.34	49.43	200m	02:39.64	36.3

Wed 07 50m vlinderslag 00:30.82 11e 9 Rp

Wed 20 400m vrije slag 04:56.07 17e 6 Rp

50m	00:32.79	32.79	100m	01:08.30	35.51
150m	01:45.59	37.29	200m	02:23.44	37.85
250m	03:01.64	38.2	300m	03:39.66	38.02
350m	04:18.22	38.56	400m	04:56.07	37.85

Wed 30 200m vrije slag 02:18.27 -1.2 11e 7 Rp

50m	00:32.25	32.25	100m	01:07.32	35.07
150m	01:42.94	35.62	200m	02:18.27	35.33

Wed 38 100m vlinderslag SW 8.4 5e  
niet met 2 handen gelijktijdig muur geraakt bij KP of A / en/of handen niet gescheiden

Wed 38 100m vlinderslag 01:08.88 -3.4 8 Rp